

**607.1 Child Nutrition and Wellness Policy**

The Bliss School Board recognizes that childhood obesity has reached critical levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well being of our district's youth. Therefore, it is the policy of the board to promote the following:

Nutrition Program:

- *Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).*

Physical Activity:

- *Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.*
- *The district will promote the use of school facilities for physical activity programs offered by the school and/or community organizations outside of school hours.*

Guidelines for all foods and beverages on school campuses:

- *The school district does not allow foods and beverages to be sold in vending machines.*

Other school-based activities that promote student wellness:

- *The school district provides a clean, safe, enjoyable meal environment for students.*
- *The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.*
- *The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.*
- *The school district encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.*
- *The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.*
- *The school district will schedule lunch time as near the middle of the school day as possible.*

- *The school district encourages all students to participate in school meals program.*

The Board also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students.

*Policy History:*

*Adopted: February 13, 2012*

*Revised on:*

### **607.2 Civil Rights – Discrimination Prohibited**

**The District shall provide equal employment opportunities to all persons, regardless of their race, color, religion, creed, national origin, sex, sexual orientation, age, ancestry, marital status, military status, citizenship status, pregnancy, use of lawful products while not at work, physical or mental handicap or disability, if otherwise able to perform the essential functions of the job with reasonable accommodations, and other legally protected categories.**

The District will make reasonable accommodation for an individual with a disability known to the District, if the individual is otherwise qualified for the position, unless the accommodation would impose an undue hardship upon the District.

Inquiries regarding discrimination should be directed the Title IX Coordinator. Specific written complaints should follow the Uniform Grievance Procedure.

#### **RIGHT TO FILE A COMPLAINT**

Any person alleging discrimination based on race, color, national origin, sex, age, or disability has a right to file a complaint within 180 days of the alleged discriminatory action. Under special circumstances this time limit may be extended by the Office of Civil Rights (OCR).

All civil rights complaints, written or verbal, shall be accepted and forwarded to the state agency within three (3) days to be forwarded to the Civil Rights Division at Western Regional Office (WRO). It is necessary that the information be sufficient to determine the identity of the agency or individual towards which the complaint is directed, and to indicate the possibility of a violation. Anonymous complaints should be handled as any other complaints.